



Ni gute kuvurirwa kure bigenda?

- Kuvurirwa kure bikoresha ubuhinga bwa none, nk'imashini nyabwonko, tablets, canke terefone ngendanwa zigezweho mu guhuza abaganga n'imiryango. Inama "zitunganwa," hakoreshejwe Wi-Fi canke ama mega yo muri terefone.
- Umuganga azokurungikira link abicishije muri email ku gikoresho cawe. Gufyonda kuri iyo link biguhuza n'umuganga.
- Umuganga wawe arashobora gutegura igikorwa co kubonana ubwa mbere kugira yizere ko ushobora kuja ku murongo ata ngorane.
- Incuro zo kumuvurira kure zizoterwa n'ivyo umwana wawe akeneye.
- Rimwe na rimwe urashobora guhitamwo kuronswa ubuvuzi bwa kure hamwe n'ubuvuzi bw'imbona nk'ubone, bitewe n'ivyo ushaka hamwe n'aho umuganga wawe aherereye.

Kuvurirwa kure mu mugambi ujejwe kwitaho impinja n'amicuko wa NC ITP)

Kuvurirwa kure bisigura iki?

- Kuvurirwa kure ni ukuvurwa "udahari" hifashishijwe terefone, imashini nyabwonko, canke tablet, aho umuvuzi aba ari mu kibanza gitandukanye naho umuryango uri
- Kuvurira kure bizotorera inyishu ivyasabwe n'umuryango ku nteguho y'ibikorwa bibereye umuryango (IFSP).

Ni gute umuryango utangura?

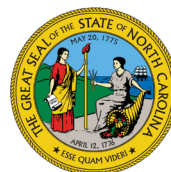
- Iyo umuryango hamwe n'umugwi ujejwe inteteguro y'ibikorwa bibereye umuryango wemeje ko umwana wawe ashobora kuronswa ibikorwa vy'ubuvuzi, umuhuzabikorwa ajejwe kwitaho abana azotanga amahitamwo y'ibikorwa vy'ukuvura umwana kure.
- Urashobora gukenera gusuzuma ukwitegekaniriza kugira urabe ko kuvurira kure vyemewe.

Ukuvurirwa kure vyoba biba mw'ibanga kandi bitekanye?

- Ego. Abaganga bavurira kure bubahiriza amategeko agenga kugumiriza ibanga umugwayi nk'ayo abandi bavura imbona nkubone bubahiriza.
- Ishirahamwe Children's Developmental Services Agency (CDSA) ririzeza ko ukugira ibanga amakuru y'ubuvuzibw'umuryango biguma bikingiwe.



Uko ubimenya hakiri kare, niko bazorushaho gukura neza!



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Division of Child and Family Well-Being
NC Infant-Toddler Program (NC ITP)



Ni kubera iki nkwiye guhitamwo kuvurirwa kure?

- Kuvurira kure bituma ukorerwa ibikorwa mu bibanza aho abaganga bataboneka.
- Kuvurira kure bituma uronka ibikorwa bikoze n'abahinga bigoye ko bogusanga aho uherereye.
- Abavyeyi benshi babona ko kwivuriza kure bibereye.
- Kuvurira kure bigenda neza ku bana bafise isoni canke batinya.

Ni gute igikorwa co kuvurirwa kure kigenda?

1. Wewe n'umuganga muzoyaga ivyabaye kuva inyuma y'igikorwa gihuruka c'ubuvuzi hanyuma mwemeze ivyo mukorerako uwo musu.
2. Umuganga azosaba ibikorwa hamwe n'uburyo vyoshirwa mu ngiro kugira bigeragezwe ku mwana wawe hanyuma akwihweze wewe n'umwana wawe mu gikorwa.
3. Umuganga azoguha inyishu hamwe n'uko abona ibintu bikwiye kugenda.
4. Muzoyaga ivyagenze neza uwo musu, hamwe n'ivyo muzoshira mu ngiro imuhira imbere yo kwongera kubona.

Kuvurirwa kure ni vyiza ku mwana wawe n'umuryango wawe? Umugambi wa Carilina y'ubuseruko ujewe kwitaho impinja n'imiruho

- Woba ufise ingurukanabumenyi ikora neza canke terefone nzima n'ama mega adahera?
- Woba ufise tablet canke imashini nyabwonko? Inama zoroza hakoreshejwe ekara nini, ariko na terefone ngendanwa igezweho nayo irashobora gukoreshwa.
- Woba ufise konte ya email kugira umuganga ashobore kukurungikira link yo kwitabira inama?
- Woba wunva ushimishwa no gukoresha (imashini nyabwonko, tablet, canke terefone ngendanwa igezweho)?



Ubuwuzi bugenewe umwana HAMWE n'umuvyeyi.

- Abana ntibasabwa kwicara batumbereye kandi baraba ku mashini.
- Ahubwo, uzokina kandi uyage n'umwana wawe, nk'uko umuganga azokugira inama kukugene ukoresha uburyo bwagenwe bwo guteza imbere ubuhinga bw'umwana wawe.
- Ukuvurirwa kure bikoresha ibikoresho usanzwe ufise mu nzu iwawe. Nta gikoresho kidasanzwe gikenewe.
- Kuvurirwa kure vyibanda ku gufasha umwana wawe kwiga mu gihe c'ubuzima bwiwe busanzwe nko mu gihe co gufungura, gukina, kwinjira mu modoka, no mu gihe co kwoga.
- Abavyeyi n'abagize umuryango mu nzu barayaga kenshi n'abana kandi nibo bigisha babo bakomeye!



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Ivyo abavyeyi bashikirije ku vyerekeye kuvurirwa kure



- * *Ndakunda ukuntu kuvurirwa kure vyoroshe! Umukobwa wanje aratinya abantu, nico gituma bimufasha cane. Arashobora kuvyikorera uko ashoboye hanyuma akagenda. Iyaba hatari igikorwa co kuvurira kure, birashoboka ko tutoba turiko turafashwa ubu.*
- * *Kuvurirwa kure vyatumye umwana wanje aronka ubufasha akeneye, kandi yarateye imbere vy'ukuri. Yaragize iterambere riboneka kuva yiyandikishije muri uyu mugambi!*
- * *Mpitamwo kuvurirwa kure ku nvo nyinshi, kandi birahura n'ikirangamisi canje neza.*
- * *Umwana wanje akunda kuvurirwa kure. Aba atekanye iyo ari aho asanzwe amenyereye kandi yaranze ubucuti n'umuganga ari kure.*
- * *Ndakunda impanuro mpabwa mu bikorwa vya buri musu. Nari nfise ibintu vyinshi sinigeze nibaza ko kubikoresha vyari ngirakamaro!*
- * *Kugerageza uburyo mu buzima busanzwe hakoreshejwe ukuvurira kure nico catumye dutera imbere.*
- * *Ndakunda ukuntu amasango agenwa biciye mu mwunvikano ku misi n'amasaha.*
- * *Umuganga wanje yari umuhinga kandi asigura ibintu mu buryo dutahura kandi agakoresha ubuzima bwa buri musu ku muhungu wanje.*
- * *Narakunze gushobora kugerageza mu buzima bwa buri musu hamwe n'ibikorwa, hamwe n'ico bitanga.*
- * *Uburyo kuvurirwa kure vyoroshe nibwo butuma ndabikunda! Umuganga avurira kure azondungikira link muri email. Hanyuma nfyonde iyo link hama tumubone, kandi arashobora kutubona!*



Uko ubimenya
hakiri **kare**,
niko bazorushaho
gukura **neza!**

